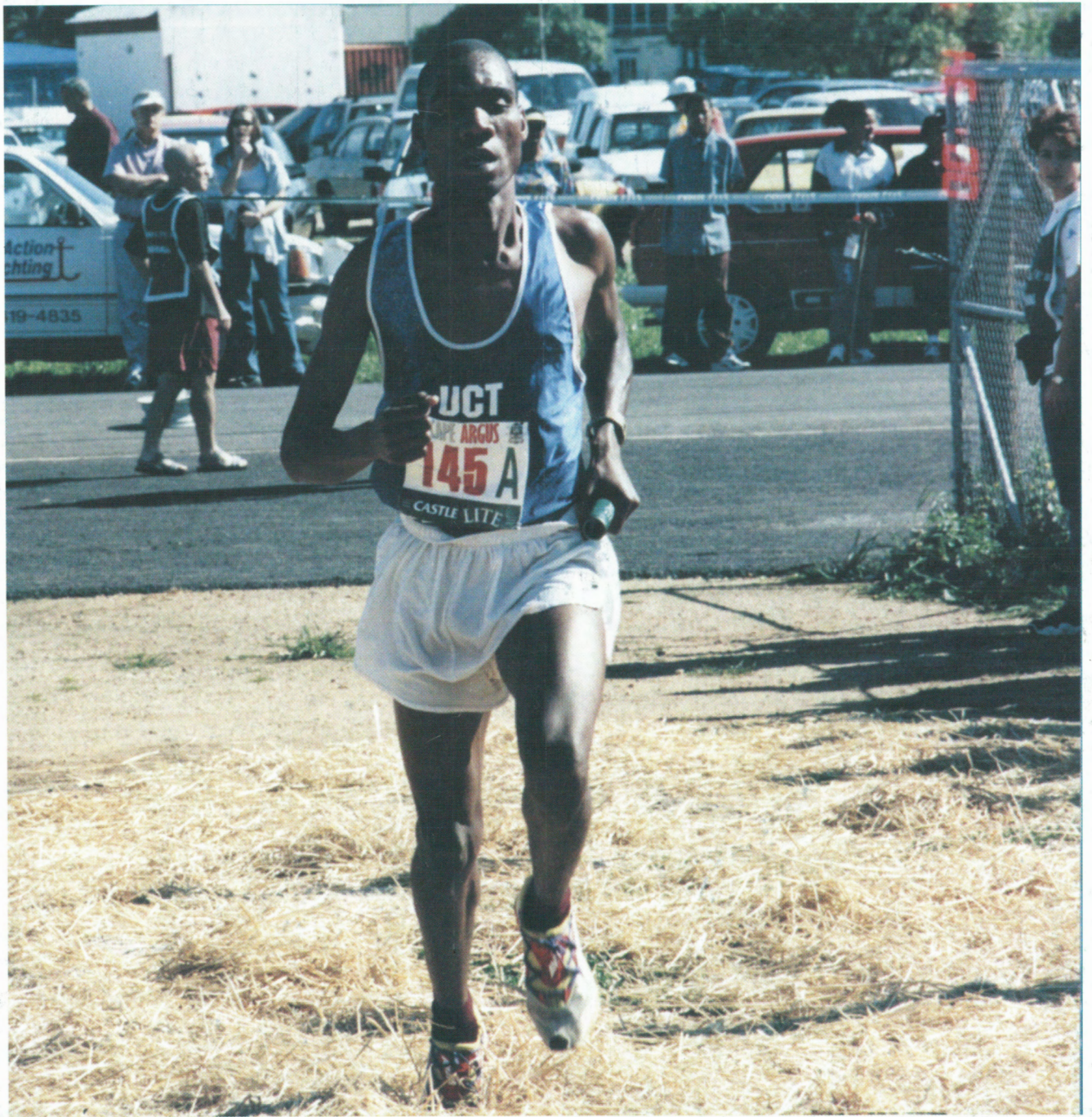


CAMPUS SPORT



ORIENTATION WEEK 2000

1999 Sports Awards Dinner

Daniel Vickerman,
Sportsperson of the Year
receives his trophy from
Rushdi Majiet, Convenor of
the SA Cricket Selectors.



Nina van Vlaanderen – Best First Year.



Tapologo Motshubi
receives the trophy for
Sport Development work.

A message from the SASSU chairperson



SASSU stands for the S.A. Student Sport Union, and at UCT this body co-ordinates the various sports clubs, or codes, as they are called. It provides representation, funding, and all forms of support to the codes. The executive is a committee of students elected from the clubs, who work in conjunction with the Sports Council (and Student Parliament) for the creation, development and maintenance of opportunities in sport.

I'd like to welcome all students to UCT, whether returning or new, and to wish them well in their studies. More importantly, I'd like to invite all students to join the diverse sporting community at this university.

UCT has a fine sporting reputation, and is at the top of the premier league in many codes. However, the emphasis is not all on excellence, but may also be on a form of recreation that compliments academic study.

UCT attempts to cater for as diverse a range of sporting interests as possible, varying from national representation to the occasional social player, across 49 different codes. Every club welcomes new members at whatever level they want to compete.

There are a number of good reasons to choose UCT for your sporting interests:

Firstly, UCT offers amongst the best facilities in the country. Secondly, sport at UCT is far cheaper than at league clubs. And finally, student sport has a special sort of natural bond which is absent in ordinary league clubs.

I urge you to make use of the great opportunities afforded you by UCT sport. Sport at UCT is organised for, and by, students. If you have any ideas on improving sport on this campus, please contact us.

Wishing you well in all your sporting, academic and social activities this year.

David Acott

Chairperson: SASSU-UCT

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Sport and Recreation Department

While sport is organised for students by students the Department of Sport and Recreation employs professional Sports Administrators to support student initiatives, provides continuity from one committee to the next and ensures sound financial control.

Secretaries, a Bookkeeper and a Building Supervisor and his staff assist further in the administrative and physical support of club activities.

Sport and Recreation works closely with

SASSU -UCT to ensure that together we provide an environment in which all students can benefit from the facilities and programmes on offer.

UCT has a proud tradition of excellence in sport, make sure you find the time to be part of the spirit of UCT Sport and the tremendous camaraderie and opportunity it provides.

John Donald

Director

PERFORMANCES 1999

SOUTH AFRICAN SENIOR SELECTION □

Fencing	Barry Quayle
Handball	Simon Karl Hartinger
Hockey	Steven Evans
Mountain Bike	Gary Barnard
Sailing	Greg Barker David Hooper Roger Hudson Karen MacKellar Barbara Heathcote Joanne Campbell
Surf	Michael Grendon
Synchronised Swimming	Holly Christie
Underwater Hockey	John Forward
Underwater Hockey 'B'	Ronel Nel Ruth Wright
Water Polo	Jennie Mullins

SOUTH AFRICAN JUNIOR SELECTION

Basketball SA U22	Rafal Wykurz
Fencing SA U21	Ian Jonker
Hockey SA U18	Cally Larson
Karate SA U21	Paul Pirie
Rowing SA U23	Ian Munro Duncan McDavid Guy Mandy
Rugby SA U21	Daniel Vickerman
Surf SA U21	Ewald van Heerden
Water Polo SA U20	Lorryn McVitty Nina van Vlaanderen

WESTERN PROVINCE SENIOR

Cricket 'A'	Martin Crosoer
Cricket 'B'	Bradley van Beuge Jonathan Schutte
Cycling 'A'	Andrew Lapping James Irvine Michelle Wilsnagh
Fencing 'A'	Mark Burgess Alan Scott Douglas Stupart Barry Quayle Russell Collins
Fencing 'B'	Ian Jonker
Handball	Simon Karl Hartinger Simiao Mahumaha

Hockey 'A'

Steven Evans
Rhys Castley
Ian Symons
Claire McCollum
Theresa McConnell

Karate 'A'

Sahal Yacoob
Mark Minshull

Rowing

Ian Munro
Duncan McDavid
Stuart Bellamy
Stuart Thompson
Alexia Beedle

Softball 'B'

Fologang MacDonald

Squash 'A'

Melissa Bosenberg

Squash 'B'

Kate Richardson

Surf 'A'

Daniel Beatty
David Pfaff (S. Cape)
Ewald van Heerden

Swimming 'A'

Andreas le Roux
Julie Thomson
Taarig Nordien

Table Tennis 'A'

Matthew James Overett

Table Tennis 'B'

Deshika Kathawaroo

Underwater Hockey 'A'

Adam West
John Forward
Bruce Anderson
Cameron Ewart-Smith
Ronel Nel

Underwater Hockey 'B'

Steve Mayfield
Jon Sherry
Roy Carli
Mark Handy
Craig Smith
Jason Burgess
Amrei von Hase
Francis Robertson
Diane Tapson
Rebecca Rademeyer
Shela Patrickson

Water Polo 'A'

Jennie Mullins
Lorryn McVitty
Nina van Vlaanderen
Alison Collier
Rowan Leibbrandt

Water Polo 'B'

Jannette Goosen
Owen Gibbs
James Fraser
John Collins
Matt Carter

Powerlifting 'A'

Craig Nelson
Caxton Magozore
Katu Mapaso

PERFORMANCES 1999

WESTERN PROVINCE JUNIOR

Athletics U23	Rob Armstrong Victor Kroon
Hockey U21	Cally Larson Philippe Bolle Ian Symons
Hockey U24 A	Steve Holvec Ryan Hart Philippe Bolle
Karate U21	Paul Pirie
Netball U19	Claire Pearson
Netball U21	Noxolo Mtembu
Rugby U21	Sibusisa Sibulela Andrew Caldwell

SOUTH AFRICAN STUDENT TEAM

Basketball	Rafal Wykurz Nicole Swarts
Cricket	Martin Crosoer Brian Murphy
Cycling	Andrew Lapping James Irvine
Fencing	Barry Quayle
Karate	Mark Minshull
Rowing	Ian Munro Guy Mandy Tamara Pascal Stuart Thompson Alexia Beedle Stuart Bellamy
Sailing	Alex Runciman Bruce Keen Peter Ainslie Robyn Keen
Spear Fishing	Adam West Bruce Anderson
Squash	Tapolog Motshubi Sasha West
Surf	Daniel Beatty Ewald van Heerden
Tennis	Kelly Jooste
Underwater Hockey	Ronel Nel Ruth Wright Erik van der Walt
Underwater Orienteering	Cameron Ewart-Smith

CLUB ACHIEVEMENTS

Athletics	Men : 3rd SASSU Cross Country
Cricket	1st SA Universities Cricket Week (Dec 1998) Winners of WP 'A' League
Fencing	1st SASSU Tournament (Dec 1998)
Handball	Winners of WP League
Karate	1st SASSU Tournament (Dec 1998)
Rowing	1st SASSU Sprint Regatta Women's 4 - 2nd at Henley Regatta
Rugby	UCT U21 Team Winners of the Ten-a-side International Festival in Zimbabwe 2nd U21 WP League
Sports Climbing	1st at SASSU Tournament
Squash	Men: 3rd SASSU Tournament Women: 2nd SASSU Tournament
Surf	1st SASSU Tournament
Tennis	Men: 3rd at SASSU Tournament Women: 2nd at SASSU Tournament
Underwater	Overall 2nd at SASSU Tournament
Water Polo	1st SASSU Tournament (Dec 1998)
Yacht	1st SASSU Regatta (Dec 1998) 3rd Lipton Cup Winners of the L26 National Champs
OTHER	
Zimbabwe Rugby U21	Phil Carter

AIKIDO

UCT was the first University to introduce Aikido way back in 1975.

Now we are one of four clubs in Cape Town, and part of the National organization known as AFSA (Aikido Federation of South Africa).

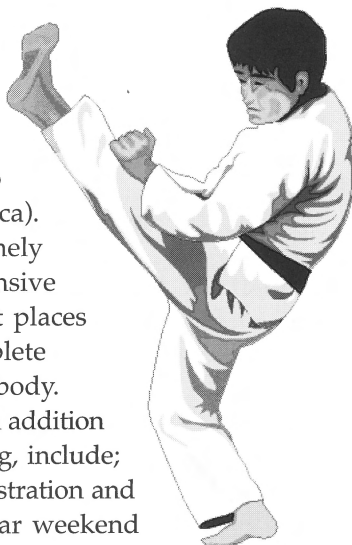
Aikido is an extremely soft, almost purely defensive Japanese martial art that places great stress on the complete relaxation of mind and body.

Upcoming events, in addition to regular weekly training, include; Orientation Week demonstration and beginners courses, regular weekend practice for sword and staff training, winter school and visits from overseas instructors.

We also have the additional advantage of being able to train with other local instructors.

Chairperson
Reuben Govender
689 4721

Sports Administrator
Roger Adams
650 3558



Angling

The UCT Angling Club manages the UCT Dam, which is well stocked with Rainbow Trout ranging from 800 grams to 1,3 kg's. We will soon be stocking fish over 4 kg's. Other species also encountered are Carp and Bass. Club membership entitles the holder to fish in this prime water - the only one in Cape Town as well as being able to fish in some of the best waters in the Western Cape. These range from clear, freestone streams for Wild Trout to tackling up for the surfzone. Trips are going to be organised on a monthly basis. Equipment will soon be available for hire at minimal rates. We will also be holding fly-tying evenings conducted by experienced instructors.

If you are interested please feel free to contact the UCT Sports Administration Offices for more information.

Club Captain
David Christie
64 1903

Sports Administrator
Lydia Hall
650 3554

AQUATICS

Aquatics includes the three disciplines of synchronised swimming, diving and swimming.

□We run various programmes such as "LEARN TO SWIM", swimming training and attend the annual SASSU intervarsity swim meet. These programmes cater for both beginners and advanced levels.

"Learn to Swim" is a programme run every Tuesday and Thursday from 4:00pm to 5:00pm as well as on Sundays from 9:30am to 11:00am at the Kopano Pool at UCT. This programme includes the coaching/teaching of both stroke-correction and less advanced as well as basic swimming skills to those who have never swum before. The more advanced members of the club undertake the coaching of these lessons.

Swimming training for the more advanced members (for those who have done some form of training in the past and wish to get back into it), takes place all year round at the Groote Schuur High School pool that is covered and heated. Training times are from 6:30am to ± 8:00am.

This year we had three swimmers represent Western Province in the South African Aquatics Championships, namely; Andreas Le Roux, Taariq Nordien and Julie Thomson. In addition to this we also had a synchronised swimmer, Holly Christie, chosen to represent South Africa.

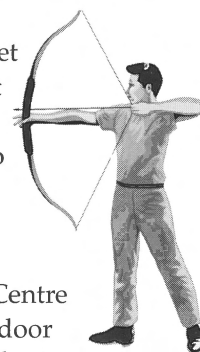
Chairperson
Andreas le Roux
685 1425

Sports Administrator
Lydia Hall
650 3554

ARCHERY

The UCT Archery club does not yet compete in local competitions, but is working towards recruiting enough skilled Archers in order to be able to compete as a team.

Practices are usually on Mondays and Wednesdays from 4.00pm to 6.00pm in the Sports Centre Hall1. The Club also has an outdoor range set in the forest below the Rhodes Memorial.



Chairperson
Gordon Forbes
674 3345

Sports Administrator
Peter Buckton
650 3557

ATHLETICS

The Athletics club participates in the disciplines of Track and Field, Road Running and Cross Country. All levels of participation are accommodated, from novice to elite. The Road Running section of the club is particularly active and most popular amongst social runners. The Gun Run programme for beginner runners is one of the club's annual highlights. The more serious runners compete in the Western Province programme on a weekly basis, with the primary focus being the big events like the Two Oceans Marathon, Cape Town Marathon, Comrades Marathon, the SAD half-marathon and Gun Run, amongst others.

Track and Field is active from October to April. Besides weekly fixtures, provincial high points of the season include the Western Province Junior Champs, SASSU-Western Cape Champs and Western Province Senior Champs. In the winter Track and Field makes way for Cross Country.

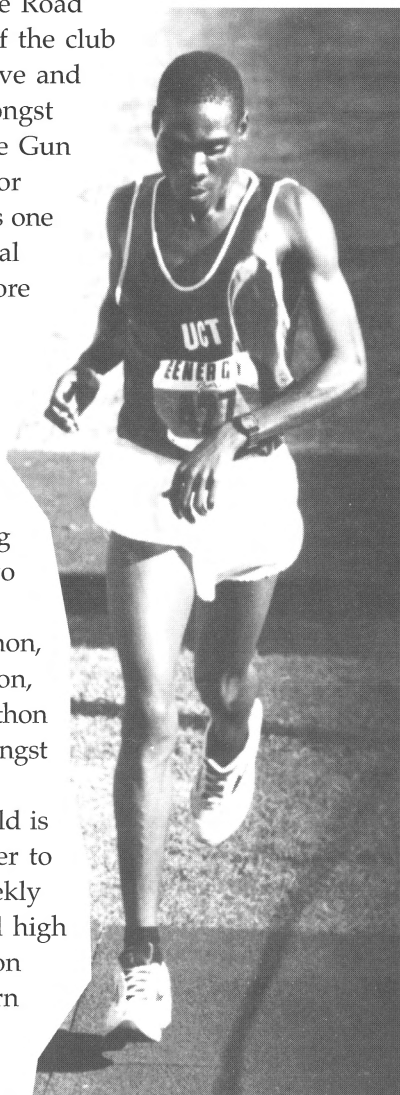
The club boasts two grass tracks for training.

High performances in each of the stated disciplines are rewarded with selection into the UCT teams to the prestigious SASSU-National Championship events.

The Club hosts the Merrilyn Smith Memorial 10 km Race, the Two Oceans Marafuns and the Intervarsity Road Relay challenge. This programme is augmented by a host of social events staged on the campus.

Chairperson
Neil Leith
689 8731

Sports Administrator
Roger Adams
650 3558



Basketball

The Club has had a year jam-packed with activity. There is opportunity for students at all skill and interest levels to get involved in this vibrant and dynamic activity.

The Club, boasting an active male and female section, has again been competing in the ENGEN Western Province Basketball League. The club registered 2 men and 2 ladies teams. The standard is high and competition fierce, and even more so because UCT Basketball has over the past few years consistently been the frontrunners in the competition. In a bid to ensure that the high standard of play, synonymous with UCT Basketball, is maintained the Club has secured the services for a coach for each of these teams.

In addition to the strenuous demands of Provincial competition the club members have also had an active season of participation in the student basketball competitions. Many of our top players and administrators were rewarded with inclusion in the WP SASSU (student) team and more specifically Rafal Weitz who was awarded South African Student Colours for his selection to the team which played in the World Student Games in Spain during August.

The men's team qualified to play in the exciting new Campus Basketball League, a national initiative which saw our team pit their skills against the top student teams in the country. It was very encouraging to see the phenomenal and vocal support our campus gave to the boys on their home leg of the competition.

To top off the year's activities UCT was host to a visiting Chinese University team and have been invited to participate in the 1999 Friendship Games in Taiwan. Our men narrowly defeated the visiting team at home, we are hopeful that they will have similar success on their trip abroad.

If highly competitive sport is not for you, there is also the more social, yet equally entertaining 3-on-3 basketball played during lunch hours. It just seems to grow in popularity each year, as does the internal league, contested by the residences. The internal league matches begin in the second semester.

If you are really captivated by the sport, yet have never had the opportunity to slam dunk, come along to the development programmes run one night a week. The club holds an "open night" where beginner's or social players have the opportunity to learn from the club coaches and some 1st and 2nd team players who avail their services by teaching the fundamentals of the game.

UCT Basketball is great value for money and offers great entertainment. We invite all students to join us.



Chairperson
Leo Schumacher
439 8020

Sports Administrator
John Donald
650 3553

Badminton

For the past few years the Badminton Club has operated purely as a recreational club. It has not entered WP leagues or attended National Student tournaments.

Hopefully this trend can be reversed by recruiting new talent committed to competition and with aspirations of selection for higher honours.

The Club would welcome people onto its committee that wish to revive a competitive spirit and sound administration. The social element of the Club will not be lost and it will continue to cater to those that wish only to play at this level.

Regular practice and social Badminton times are Tuesdays 7.30pm - 10.30pm and Thursdays 7.30pm - 10.30pm.

Sport Administrator

Frans Mamabolo

650 3566

CANOEING

The Canoe Club grew from strength to strength this past season, starting off with 6 paddlers and ending 25 strong. Throughout the season we took part in W.P races on the Breede and Berg Rivers. And also tripped many different sections.

In the Breede River Marathon UCT had 4 boats on the water and ended up coming 15th out of 30 clubs overall.

The highlight of the year was the trip to the Fish River Marathon where 15 of us, including seconds, took part and all successfully completed the race. Special mention must go to Richard McMartin who came 75th overall.

The Club takes part in the Zandvlei Dice on Tuesdays and the Milnerton Dice on Wednesdays. All registered club members are able to use the boats available. There are 4 K2's and K1's and there is hope that we will be acquiring additional boats in the New Year.

Chairperson

Matthew Cocks

685 3001

cckmat001@mail.uct.ac.za

Sports Administrator

John Donald

650 3553

BOXING

While the Boxing Club has not been particularly active in competitions it has retained a core membership of enthusiastic pugilists.

The Club enjoys a dedicated well equipped facility at the "Dairy" just below the Medical Campus and well know boxing personality Mr Larkis Companis is available to guide boxers wishing to participate in regional competitions.

The Club practices most days of the week, further information can be obtained from the numbers below.

Chairperson

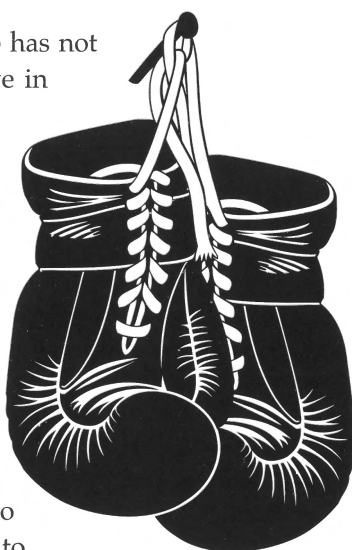
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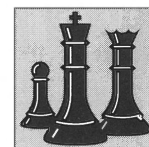
Sports Administrator

Peter Buckton

650 3557



Chess



Chess is a very exciting game that requires intelligence, dedication and talent.

In the past year UCT Chess Club has done well internally (UCT) and externally (Western Province). We have managed to raise awareness of the game and have recruited lots of talented players. We have participated in the WP Chess leagues and now in the new millennium will be playing in the Premier league, which is the most prestigious and toughest league in which to compete.

So come and join us and help us to stay on top.

Year 2000 committee members:

Chairperson

Edwin Mahlatsi

mhlmac002@mail.uct.ac.za

Secretary

Kim McKenzie

mckkim001@mail.uct.ac.za

Treasurer

Russel Shaw

shwrus001@mail.uct.ac.za

Development

Fusi Pitso

ptsfus001@mail.uct.ac.za

Media Officer

O Gabothlaelwe

gbtole001@mail.uct.ac.za

Sports Administrator

Frans Mamabolo

650 3566

Cricket

UCT Cricket has come off one of its most successful seasons, with the 1st XI achieving some brilliant results. The 2nd and 3rd eleven also had very good seasons finishing second and third respectively in their leagues. The ladies team was not to be left out and beat Stellenbosch comprehensively in their inter-varsity game.



Under the coaching of Andy Kirsten the 1st XI performed consistently well and emerged as winners of the Western Province 1A league. The annual South African Universities tournament proved to be one of the highlights of the season with the spirited side gaining victories over Stellenbosch and Pietermaritzburg with the matches against UPE and Rhodes rained out. This was enough to get a final play off against Free State University with UCT taking the honours. Congratulations must go to Brian Murphy and Martin Crosoer for their selection to the South African Universities team.

The annual Intervarsity game against Stellenbosch was held at Newlands and was well supported. Unfortunately the side could not produce the form that beat Stellenbosch at SAU and had to return the trophy.

The season as a whole proved to be most successful on and off the field. It produced some memorable team and personal results as well as a lot of fun. Martin Crosoer was selected to play for Western Province and Bradley van Beuge and Jonathan Shutte represented Western Province B. The Sports Awards Dinner saw the 1st XI receiving the team of the year award for the second consecutive year. The new season is under way with Andy Kirsten back as 1st and 2nd team coach and Ian Trott taking over as 3rd team coach.

1st and 2nd team practices taking place on Tuesdays and Thursdays and 3rd team practice on Wednesdays. We look forward to seeing you on the cricket field.

Chairperson
Stephen Oakenfull
618 801
oknste002@mail.uct.ac.za

Sports Administrator
Kobus Olivier
650 3555

Cycling



From Tour de France hopefuls to those looking for company on a couple of blissful rides, the UCT Cycling Club has something to offer. Weekly long rides, sprint training, night and day rides on the mountain and time trials create a framework, which is augmented by training camps and social events throughout the year.

The Club also arranges weekends away around out of town races, providing a break from varsity stress. No bicycle is required to participate. The Club is committed to developing cycling, focusing on ladies and track cycling - areas that are currently struggling. Last year the programme delivered success with Michelle Wilsnagh being selected for the Western Province Track team, and winning the Sprinter's Jersey at Inter-Varsity. Bronwyn Jenkins won a stage at Inter-Varsity and finished third overall. To further promote the more serious side of cycling the Club pays half the rider's affiliation fees to SACF and SAMBA. We also provide heavily subsidised UCT cycling kit.

Further individual highlights of late 1998 and 1999 saw Gary Barnard represent South Africa at the World Mountain Bike Downhill Championships. James Irvine won every 24 hour mountain bike race within a drivable distance, and finished 5th at Inter-Varsity on the road. Andrew Lapping finished second overall for the Western Province mountain biking cross-country season and finished 4th at Inter-Varsity. Alex Cambel won the Western Province intermediate men's mountain biking overall category. UCT entered three teams in the 1999 Double Century in which the racing team finished third and the less serious teams made full use of refreshment stations and long lunches to finish comfortably. Robert Laing won a Super League race in late 1998 and rode in the Giro Del Capo 1999.

For the year 2000 we will try to further our development programmes and significantly increase the social side of the club. Everyone is welcome to join in, what should be a rewarding year.

Chairperson
Antony Tolfts
671 8461

Sports Administrator
Lydia Hall
650 3554

Fencing

Fencing at UCT is at an all time high with many of our fencers representing WP. Barry Quayle represented South Africa and the National Student team at the World Student Games in Spain during 1999. In addition to this the Fencing Club has won the SASSU national tournament twice in the last three years and only missed out on the triple by a few points, as a result of members being away at other events during the course of the 1999 tournament.

The Club is committed to the development of the sport and runs regular programmes for beginners.

Many of the top fencers had no experience until they learned the art at UCT.

All are welcome to join, no experience is necessary, all equipment is supplied and our coach, Len Davids, who has been with the Club for 23 years, is most experienced at teaching beginners.

Chairperson	Sports Administrator
Ian Jonker	Peter Buckton
67797 8442	650 3557



Golf

The UCT Golf Club makes use of the Rondebosch, Mowbray and King David courses and members receive special rates when using these venues.

Rondebosch Club:

Monday to Friday R45 for 9 holes & R55 for 18 holes.
Weekends: R75 for 18 holes. (ph: 689 4176)

Mowbray Club:

R55 for 18 holes until November 2000 (ph: 685 3018)

King David Club:

Monday to Friday R25 for 18 holes & R15 for 9 holes
Weekends: R35 for 18 holes & R20 for 9 holes.
(ph: 934 0365)

The Club also organises the Freshers Stroke play, the UCT Club Championships and an American Scramble as well as the annual intervarsity against Stellenbosch.

The Club attends the National Student Championship in December of each year and has the added privilege of sending two players to the World University Championships held at St Andrews in Scotland each year.

Chairperson	Sports Administrator
Alex Choeman	Kobus Olivier
797 6496	650 3555

Gymnastics

The UCT Gymnastics Club has its training venue at the Gordon's Gym in Mowbray (Liesbeeck Parkway) and accommodates gymnasts of all levels from those who just like to lie around on the mats to those who hurl their bodies about with reckless abandon.

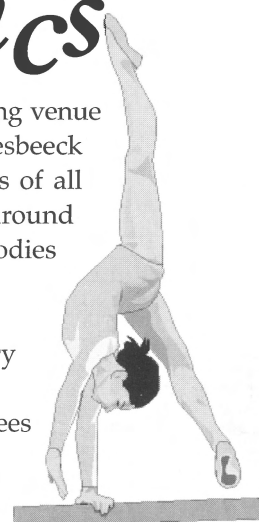
The Club is administered by a Committee elected democratically every year and supervised by a Sports Administrator assigned to it who oversees that the club is well administered.

The Club competes in competitions throughout the year. Their main competition is the SASSU Gymnastics Tournament and the Club also competes annually in a tri-varsity competition against the Universities of Stellenbosch and Western Cape, the aim of these meets is to have as much fun as is humanly possible, but also to compete at our best.

If you want to get fit, strong and supple and can stand on your hands, then join the UCT Gymnastics Club in 2000.

Chairperson
Lydia van Zyl
887 4219

Sports Administrator
Peter Buckton
650 3557



Hang Gliding

Hang gliding is a multi-faceted sport with many different possibilities available to the more advanced pilots. Aerobatics involving radical manoeuvres is an option. One of the most common activities, however, is cross-country flying. The South African record is a staggering 395 km on a flight that lasted 6.5 hours!

Local flying sites for novice pilots include Sir Lowry's Pass, Blouberg Hill and Dasklip Pass. Needless to say advanced pilots have many more options available to them. The Club has basic equipment available to novice pilots. Advanced pilots would normally need to purchase more sophisticated craft. The Easter weekend training camp is held at Wilderness which provides an ideal training ground with take off points of varying degrees of difficulty.

For more information see our webpage at sportsclubs.uct.ac.za/hang, or contact:

Chairperson	Sports Administrator
Karen Burger	Kobus Olivier
kburger@crg.ee.uct.ac.za	650 3555

Hockey

Simply the biggest and best on campus!!

The UCT Hockey club boasts over 300 members annually, a superb astro-turf facility and an exciting and dedicated committee, which promises an action-packed league and social calendar.



The Men's section has 12 league teams including 2 social teams affectionately known as the Quaggas and Bushpigs. The 12 teams compete in 8 leagues and both the Men's 1st and 2nd sides are in the Grand Challenge (premier) league. Practices take place twice a week with matches on Saturdays. The top three teams play and practise exclusively on astro while the remainder of the teams play their matches on grass and have practices split between the astro and grass. Hopefully, now the additional astro-turf at Hartleyvale (Cape Town's premier astro-turf facility) has been completed, all teams will enjoy as many astro games as possible.

The Ladies' section has 10 league teams including 1 social team affectionately known as the Gazelles. The 10 teams compete in 7 leagues with the Ladies' 1st side representing the University in the Grand Challenge. Practice and match arrangements are the same as the Men's section – 2 practices a week with a match on the weekend. The Ladies' top 3 sides play and practise exclusively on astro while the remainder of the teams play their matches on grass and have practises split between the astro and grass. Again, the Club will attempt to maximise astro time for all players.

The Club enjoys extensive provincial representation at all levels and caters for players of all abilities. Trials take place in March with the season beginning in April and finishing in August. The notice board for the club is situated in the Students' Union Building adjacent to Jammie Plaza – check it regularly

as all arrangements with regard to trials, fixtures, teams and social events will be posted on it. The Club has the best formal every year – very festive indeed – usually late August / September.

Membership fees for 2000 are R330 per player.

DATES TO REMEMBER

- MARCH** - Trials
- APRIL** - League begins
- MAY** - League and social events
- JUNE** - League and social events
- JULY** - League and social events
- AUGUST** - League ends.

REGISTER DURING O-WEEK – 14-16 FEB
JAMIE PLAZA (Arts building side)

See you on the astro!!!

Chairperson
Charles Stuart
 689 4721

Sports Administrator
John Donald
 650 3553

Miranda Symons (Vice-chairperson) – 083 6306041

HANDBALL

□The Olympic sport Handball is a new upcoming sport in South Africa, mostly played in Gauteng, where the South Africa Handball Federation (SAHF) is situated (in Johannesburg). The UCT Handball Club was established in 1999 and has since attracted mostly experienced players.

A Western Cape Handball League was formed in 1999, where UCT achieved 1st place. Other participating teams are all developing teams from places like Guguletu, Khayelitsha and Langa.

The game Handball has elements of Basketball (dribbling), Waterpolo (throwing) and Hockey (Handball goalposts are identical to indoor hockey posts). The ball is about the same size as a mini soccer ball (made of leather).

Part of our focus for the upcoming season will be to recruit new members to this dynamic sport. We hope to encourage participation from novice to the more experience levels. We would also like to see and support the growth of a UCT LADIES team.

It is a very accessible sport to everyone and definitely worth a try. If you have any questions, you can E-mail them to Handball@Webmail.co.za □

The SAHF also has a website with more information about handball.
<http://members.xoom.com/handball1/handbook>

Chairperson
Simon Hartinger
Kopano Residence Rm. 222
 689 4721

Sports Administrator
John Donald
 650 3553

Health and Fitness

Aerobics is conducted by trained instructors.

Aerobics is not run as a club, but rather as a service. All interested parties can obtain further information from the Reception area of Sport and Recreation.

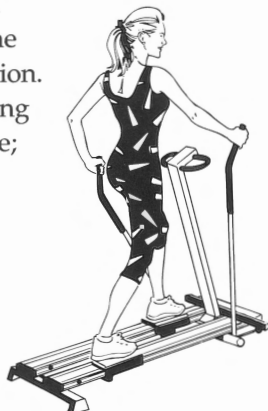
Classes are run at the following times in Hall 3 of the Sports Centre;

Monday	12h40 - 13h20
Tuesday	07h00 - 07h45
Wednesday	12h40 - 13h20
Friday	12h40 - 13h20

Sports Administrator

Kobus Olivier

650- 3555



Inter-res Sports Festival

The Inter-res sports festival has now become a most popular vacation pastime.

The festival is held during the September vacation of each year and the sports offered in 1999 were volleyball, basketball, indoor soccer, netball, table tennis, squash, chess and outdoor soccer.

The residences which participated in 1999 were Groote Schuur, Glenres, Smuts Hall, Clarinus Village, Kilindini, Leo Marquard Hall, Liesbeeck Gardens, College House, Varietas, University House, Kopano, Woolsack, Medical Residence, Fuller Hall, Tugwell Hall and Forest Hill.

Tugwell Hall and Leo Marquard Hall won the overall women's and men's titles respectively.

There is no cost involved to participating. Each residence selects their respective teams for whatever sport it wants to participate in.

The Sports Festival is organised and administered by the Students Residence Sports Council and is supervised by the Sports Administrator (Internal Leagues).

The aim of the festival is to encourage participation in sport and to provide recreation, but most importantly to foster the development of friendship and sportsmanship amongst all students.

Sports Administrator

Peter Buckton

650 3557

JUDO

Judo, meaning "the gentle way" in Japanese, is a full contact sport for men and women that keeps you fit in mind and body.

A variety of grades from beginners to white belts and eventually black belts are catered for.

The sport promotes all round fitness and aids in developing the general skills of concentration and focus.

Judo is a form of self-defence on the one hand and a competitive sport on the other. The serious judoka can compete in individual or team contests on a regular basis.

Teaching focuses on formal techniques and their competition variations.

The Club is keen to get its activities up to the high standard of the mid-nineties after two years at relatively low ebb. Dedicated individuals are encouraged to get involved.

Chairperson

Claudio Isolano

61 1341

Sports Administrator

Roger Adams

650 3558

JU-JITSU

Ju-Jitsu the oldest Japanese Art, the parent art of Judo and Aikido, was developed as a form of unarmed combat by the Samurai warriors of feudal Japan. The UCT Ju-Jitsu Club adheres to this strong tradition passed down over centuries.

The syllabus taught encompasses historical and cultural aspects with a large concentration on theory. Beginners are introduced to Judo before the full rigorous elements of Ju-Jitsu are added.

The Club augments its regular training sessions with theory lectures and video presentations. Weapons classes are introduced for the most advanced.

The Club introduced a development programme in 1999 by teaching the sport to youngsters from a Children's Home.

The Club uses the expert teaching services of Prof. C.B Gaven who has practised the sport for over 50 years and holds an incredible 9th Dan in Ju-Jitsu and 4th Dan in Judo.

Chairperson

Ben Price

671 8010

Sports Administrator

Roger Adams

650 3558

KARATE

As we enter a new millennium, UCT Karate Club brings with it excellence, winning spirit and competitiveness.

The Club was formed over a decade ago and since then it has progressed excellently. The Club was founded by Shihan Chris Thomson (7th Dan). Now the Club has grown to be the only Karate Club at UCT. It caters for all Karate Styles. The Club has students that come from other Karate styles like: Full contact, JKA, Goju Ryu, etc.



Achievements

In the past we have produced members for the Provincial and National Squads.

National Squad members:

UCT Head Coach, Sensei Mark Kosmos (4th Dan)

Provincial:

UCT Coach Bradley Parker, Mark Minshull, Eden Ridgway, Alexia van Heerden, etc

Competitions

UCT Karate Club is involved in a number of tournaments every year, such as SASSU institutional tournament, WP Karate tournaments, Shukokai Karate Tournaments and Inter Club Championships.

The Club caters for beginners and training sessions are divided into two: beginners classes and seniors class.

So, we hope to see you in one of the two categories mentioned above.

Chairperson
Blou Leask
689 1495

Sport Administrator
Frans Mamabolo
650 3564

KUNG FU

Kung Fu originated in China, where it was practised by monks for self-defence and personal fitness.

The UCT Club teaches the Northern Long Fist style as well as the Family Style. The Club is affiliated to the Chinese Martial Art and Health Centre in Observatory, which arranges competitions domestically and internationally.

Beginners have to undergo a four-month probation period.

Halfway gradings are done once a year with a change of colour sweater occurring after two years of practise. Weapon training can be introduced after one year.

Experienced Si-Heng Edward Botha, is responsible for teaching in the Club.



Chairperson
Edward Botha
082 460 6673
423 4657

Sports Administrator
Roger Adams
650 3558

Mountain & Ski

The Mountain and Ski Club is one of the largest and most active clubs on campus. Membership traditionally exceeds 600 members, who take part in a variety of activities, including:

Hiking: experiencing the majesty of the mountains on foot - from easy day walks to demanding vacation expeditions

Klloofing: experiencing the riverine gorges of the Western Cape

Climbing: going up? Two climbing walls, and a number of outdoor rock meets.

Skiing: happens on the Zuurberg property after good snow falls. All equipment is kept in our two ski huts.

Meets vary from easy to extremely strenuous, and cater for all interests. The Club also has a strong educational focus, so if you have'nt done it before, don't be afraid - we will teach you.

Our equipment room is stocked with a variety of items available for club members' use, including tents, rucksacks, ropes, etc. But our most valuable asset is UCT's Zuurberg property: 8000 ha. of rugged terrain in the Hex River Mountains, which we use



and maintain. Zuurberg also hosts our prize hut: Hoare hut (the scene for many intense parties).

Socials every Wednesday at 8 pm in the North Council Room in the Sports Centre are more than just talks, video viewings and slide shows: they're an opportunity to chat about last weekend, to plan for next weekend, and to meet other club members.

Communication happens via our website:

(<http://sportsclubs.uct.ac.za/mountain>), our mailing list (subscribe: send mail to msc-list@sportsclubs.uct.ac.za) and our noticeboard in the Students' Union.

Don't be afraid - get involved.

The UCT Mountain and Ski Club: 'to facilitate experience, growth and socialising in the mountain environment in a responsible manner'.

OFFICE BEARERS:

President

John Moss 6502535
jrm@psipsy.uct.ac.za

Chairman

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actdav001@mail.uct.ac.za

Treasurer

Adriano Iorio 689 8731
aiorio@cs.uct.ac.za

Secretary

Robyn Cullis 685 6468
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Zuurberg Convenor

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wueuvrard@cs.uct.ac.za

Conservation Convenor

Jenny Hodson 762 2322
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Hut Convenor

Ben Knights 686 2874
kngben002@mail.uct.ac.za

Hikes Convenor

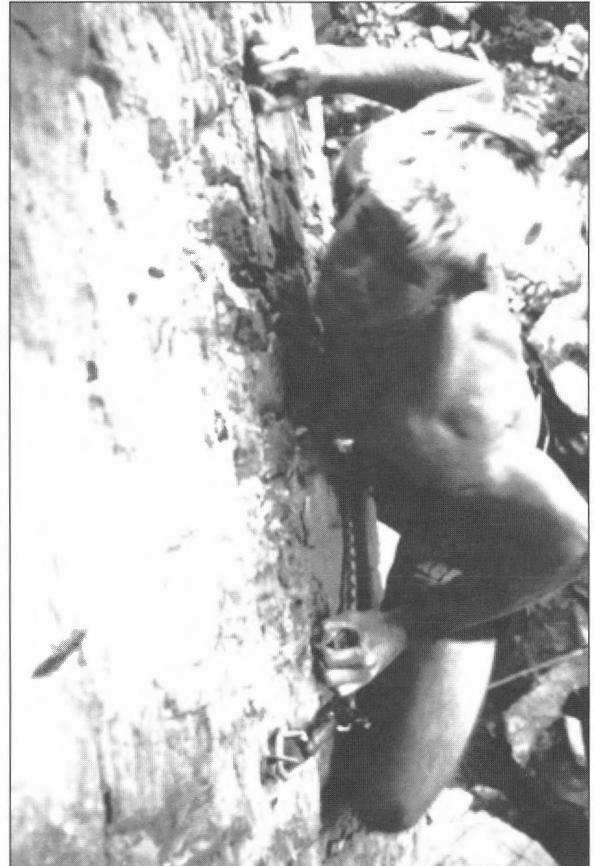
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Climbs convenor

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Climbing Walls □

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Socials Convenor

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Journal

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wdsrut001@mail.uct.ac.za

Barman

Derek Rowles 671 8688
rwlder001@mail.uct.ac.za

Sports Administrator

John Donald
(safjad@its.uct.ac.za)
650 3553

NETBALL

UCT Netball, with the proud achievement of being one of the biggest clubs in Western Province, is still growing. 1999 has been a phenomenal year. There are no less than 8 teams that competed for a share of the spoils in the Western Province Netball league fixtures. Games are played at the Provincial headquarters in Bellville every week. In order to assist the team members, many of whom live in residence, the Club has ensured that transport is provided to and from all matches.



In terms of achievements and accolades, the teams playing in the top sections in the WP League have consistently achieved promotion, 1999 was no exception. The A and B teams finished strongly in the second half of the season, winning their pool matches. A number of our students' performances were rewarded with their inclusion in the Western Province U19, U21 and Erica teams. The teams in other sections also did quite well, obtaining mid-table finishes. In addition, the Netball Club has an active beginner's programme and many of these ladies are given a taste of the competitive nature of the sport by playing in the lower leagues.

Another aspect of which the Club is proud, is the ongoing commitment to development. This programme has seen the growth of the Club on campus, and now the members have dedicated their time to assist with development in the surrounding communities. Every Thursday, they diligently make their way to Phillipi and have reported that the tasks of bringing Netball to the community has been a highly rewarding and enriching experience.

The past year has been an exciting one for the Club. Now a new and enthusiastic committee has just been elected and with the assistance of a team of coaches who have over the years provided an essential and much appreciated service to the Club, the Year 2000 promises to be even better. Come and join us!

Chairperson
Noxolo Mtembu
685 5111
083 769 3896

Sports Administrator
John Donald
650 3553

Orienteering

Dubbed "the thinking man's cross country", Orienteering blends both physical stamina and mental skill. All levels of physical fitness are accommodated.

The orienteer moves through unfamiliar terrain, with the help of a map and a compass, with the aim of locating a number of control points, which are marked very precisely.

A pin punch is attached to the control card of the competitor to confirm that a control point has been visited. Course lengths can vary from one to thirteen kilometres, with six to thirty control points. There are degrees of technical difficulty, which are dependent on age, gender, experience and fitness. The person who finds all the control points in the right order in the shortest time, wins.

The sport has a small dedicated following across the country and at UCT.

Chairperson
Graham Jennings
96 9631

Sports Administrator
Roger Adams
650 3558

Pistol & Rifle



The UCT Pistol & Rifle Club's main priorities are to provide an entry level to the sport of shooting and the promotion of safe firearm ownership.

The Club attempts to hold a shoot every two weeks. These are normally held at the Signal Hill range. However, the Club does from time to time also visit other clubs and shooting ranges in Cape Town.

The firearms available to members include two .22lr pistols, two 357-mag revolvers and one .45 acp pistol. It is therefore not necessary for members to own their own weapons. In order to be part of a shoot members need to book at the reception area of Sport and Recreation

Chairperson
Gordon Dodoja
082 857 3164
dodojagordan@hotmail.com

Sports Administrator
Peter Buckton
650 3557

Rowing

Overview:

The UCT Rowing Club (UCTRC) is at present one of the biggest and strongest university clubs in the South African rowing community. This was illustrated by UCT's winning performance at last year's SAU regatta – held at Vanderkloof Dam – and by the fact that UCT took 58 rowers up to Johannesburg for SA Champs in April last year. The Club is also able to boast that it is the most well equipped University rowing club, as it has purchased a series of top quality, international racing shells over the last two years.

The UCTRC is an exiting club that encourages maximum participation from all its members. As a result if you are an experienced oarsman or merely curious beginner, you can almost certainly expect to attend three of four major national regattas (Buffalo, SAU, SA Champs and SAU Boat Race) on UCT's rowing calendar.

The Club is also extremely fortunate in having acquired the services of a well-respected English coach by the name of Keith Mason. During 1999 the Club had four members who attained national colours and as a result with the help of Mr. Mason the Club intends to start dominating University rowing in 2000 on both the men's and women's fronts.

Training:

The actual rowing involved in being a member depends on how competitive you want to be. The top crews will train roughly five times per week, whereas the lower crews will train only three times a week. The majority of training is done on Tuesday to Thursdays, and mid morning on the weekends.

Equipment:

The club equipment includes the following:

- 2 Vespoli Coxed Fours
- 2 John Waugh Eights
- 1 Empacher Coxless Four / Quad
- 1 Janiseck Eight
- 1 Severin Pair/Double
- 2 Coaching Launches
- 1 John Waugh Pair
- 1 S&B Eight

Contacts:

Please email Duncan McDavid (Club President) at mcdavid@iafrica.com or telephone 531 8909, if you have any queries.

Sports Administrator

Lydia Hall

650 3554

RUGBY

2000 COMMITTEE

Craig Mason (club captain), Dougie Boyes, Adrian Hewlett, Graham Hewlett, Stephen Knoop, Nic Maurer, Khaya Sontsele

The 1999 season has been a most enjoyable and successful one for the UCT RFC both on and off the field. The 1st XV ended up sixth on the log, and but for a plethora of injuries would have done even better; the 2nd XV ended second, the 3rd and 4th XV's won their respective leagues again, and the 5th and 6th XV's ended up second and third respectively.



In the under 21 section, the 21A1 team ended on a high note by beating Stellenbosch 21A1, in the last match of the season, thus enabling them to finish second on the log. This was a very talented side and several of them represented the 1st XV at some stage. The 21A2 team held their own in the top section again, but special mention must be made of both the under 19 A and B sides. The 19A team also beat Stellenbosch 19A in the last match of the season to finish fifth on the log, and the 19B side finished a very creditable third. Both teams had to contend with playing in the U21 league and the future looks very healthy as there is enormous talent in this section.

Players to represent their province during the season were:

Daniel Vickerman	(SA under 21, Currie Cup A)
Peter Dixon	(Currie Cup A)
Raynn Bruce	(Merit B)
Duncan Sinclair	(Merit B)
Paul Pederson	(W.P. under 21)
Alastair Paterson	(W.P. under 19)
Pierre van Rensburg	(W.P. under 19)

Congratulations to all these players and Robbie Fleck (South Africa) and Robbie Brink (Currie Cup A captain).

For the first time in some years, both the senior and under 21 teams toured Zimbabwe and had a most successful and enjoyable time, ending up at Victoria Falls at the inaugural 10-a-side international tournament. The under 21 won their section and their two 15-a-side matches, while the 2nd 10's team ended up winners and the 1st 10's runners up. The 1st XV lost narrowly to Matabeleland Province, but beat Harare Province. The 3rd and 4th XV also enjoyed a short tour to Stellenbosch.

The Club has continued with its UCT Rugby 2000 vision, and has already achieved several of its objectives, namely to play winning and enjoyable rugby; revive annual tours; improve communication with UCT; and most important, to increase the number of black players in the UCT RFC. There are several outstanding prospects in our under 21 section, and Khaya Sontsele is to be congratulated on being elected to the committee.

The Internal League was once again a great success with 15 teams entered. These matches are played on Wednesday evenings and attract a lot of spectators. The Rugby Club welcomes anybody who wishes to play rugby, at whatever level.

For further information, please contact :

General Manager

Spencer King
650 3562

Club Captain

Craig Mason
618801

SOCCER

The UCT Soccer Club is one of the largest clubs at UCT. The Club did not have a good year in 1999, but the experiences of 1999, should be learned from and help put the Club back on track in 2000. The Club is administered by a committee elected democratically every year and has a Sports Administrator assigned to it who oversees the operations of the Club.

The Club has two team playing in the Cape Town Tygerberg FA's first and second divisions respectively and both teams had a good start in 1999, but faded during the course of the season. The Club also has a women's team playing in the SAFA-WP Women's League's Premier Division and they ended second in this league in 1999. The Club hosts its Annual Standard Bank Katango Cup 8-a-Side Tournament which is the Club's traditional season

opener (this tournament is sponsored by the Standard Bank and is played in memory of Patrick 'Katango' Lekgoe, UCT 1st team player 1991 and 1992).

The Club also hosts the Annual KKS Inter Res Tournament which is played during the September vacation of each year, this tournament is residence specific and both men's and women's teams fight it out to claim the title "best Soccer Res on Campus". Matches draw big crowds to the fields (this tournament is sponsored by Kagiso Kulani Supervision Foods).

The Club is affiliated to SASSU (SA Student Sports Union) and competes in the SASSU Inter Tertiary League from which the winners (both men and women respectively) advance to the SASSU National Club Championships held in December each year and at this tournament players are selected to represent the South African student team.

The Club holds its practice sessions for its external teams on Tuesdays and Thursdays from 18h00 onwards at the Rhodes Recreational and Kopano fields, situated on Middle Campus just below the UCT Swimming Pool. The Club employs two coaches, one for men's teams and one for the women's team.

In 2000 we hope that the Club will have more participation and everyone will work together to make the UCT Soccer Club one of the biggest and best administered clubs on Campus.

UCT INTERNAL SOCCER LEAGUE

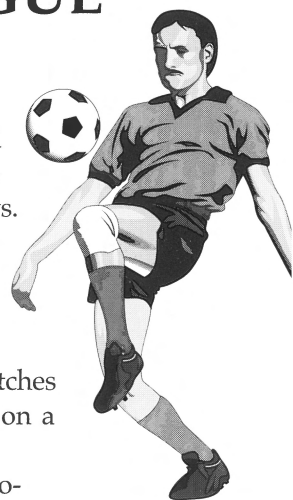
The UCT Internal Soccer Leagues comprise two divisions i.e. a First Division of 14 teams and a Second Division of 16 teams. Matches are played during midweek and Sundays.

The UCT Internal League is very popular and there is tremendously rivalry especially in the First Division which is very vibrant and competitive, whilst matches in the Second Division are played on a more social level.

The UCT Soccer Club has a co-ordinator who assists the Sports Administrator responsible with the administration of the league i.e. draw up fixtures and logs, organise referees and implement discipline etc.

To participate in the league students are welcome to join any team and teams organise their own practice sessions and members.

Sports Administrator
Peter Buckton
650 3557



Skydiving

Skydiving includes freefall, formation flying, accuracy, freestyle and skysurfing.

The sport has become relatively safe due mainly to advances in equipment, as well as training techniques. The Club owns equipment available to its members and usually jumps in conjunction with Cape Parachute Club in Stellenbosch or the Western Province Sport Parachute Club in Citrusdal.

Both these clubs offer first jumper training of an excellent standard, as well as advanced training in the many different facets of the sport. The UCT Club offers various subsidies to assist first time jumpers get into the swing of things.

Chairperson

Roland Auer

ctsauer@samiot.uct.ac.za

082 823 7564

Sports Administrator

Kobus Olivier

650 3555

Softball

UCT Softball's first year of existence has resulted in a number of goals being achieved. From fledgling club, UCT Men's Softball team has been firmly established in the WP Softball Federation and has been commended for the commitment and dedication they have displayed. The team also had the opportunity of participating in the 1999 SASSU Games, where they acquitted themselves well, winning two games and losing one. Not bad for a first outing.



This season, besides strengthening the men's team, the Club has made it top priority to develop their ladies team. The UCT Softball women's team is currently registered in the Western Province Softball

Federation's 1999/2000 league season and began with a BANG, thrashing Stealers and Pollsmoor 7-0 and 9-2 respectively.

Chairperson

Sam Ramohlola

447 1017

Sports Administrator

Karin Brown

650 3559

SQUASH

The Club has excellent facilities and numerous events are organised throughout the year for our members. In particular, the implementation of the new lights system now means that our club members will find it much easier to book courts at peak times, in particular.

As usual, the ranking tournament will start off the year just after Orientation Week. All prospective players are encouraged to take part in this event, the results of which are used to form the initial selection for teams for the Western Province Leagues.

The 1999 league teams performed well in the Ladies 1st team and the Men's 1st and 2nd teams producing exceptional results. This year we will be looking at increasing the number of Ladies teams entered in the league to four, and the six Men's teams will hopefully maintain their form.

To cater for the less competitive player an Internal League is also run. Starting in late March / early April, mixed teams will compete on Wednesday nights in a round robin format. Although the focus of this league is social, many of the matches are very exciting. Some of these players place pressure on the lower League players, strengthening the club.

This year we shall also be looking to schedule the UCT Invitation Tournament, where the top Provincial players compete against UCT's best. Other major events will include the SASSU tournament, the Club Championships, a mixed doubles tournament and, of course, the Club Dinner. Regular club training sessions happen on Tuesday evenings for the Ladies and Thursday evenings for the Men. Coaching for beginners will continue on Monday evenings. Finally, for several years now members have also run an extremely successful development coaching programme for numerous children from the Langa and Khayelitsha areas on Friday afternoons at the UCT courts.

So, if you want to get involved at any level, from the Western Province Leagues to Internal League or just want to play squash, join the Squash Club.

Chairperson

Malcolm Levy

083 341 5032

Sports Administrator

Lydia Hall

650 3554

Surf Club

UCT enjoyed a most successful 1999 winning the SASSU Surfing Championships for the first time in five years and having a number of surfers selected to WP and SASSU National teams.

The Club's focus is mainly on competition, but it does also undertake a number of surf trips to more exotic venues each year.



Sports Administrator

Kobus Olivier

650 3555

The club welcomes beginners for which it runs specialized programmes.

Chairperson

Alistair Ramlakan

083 630 6474

ramlala001@mail.uct.ac.za

Sports Administrator

Roger Adams

650 3558

Table Tennis

Do you enjoy tennis? Come and try another version of it.

The Table Tennis Club is involved in WP Table Tennis League games every week. This provides our members with a great opportunity to play with the best in the province. The Club organises their own tournaments such as the UCT open tournament and Tri-varsity.

Training is done on Weekdays in the Sports Centre.

Chairperson

George Mokone

685 3264

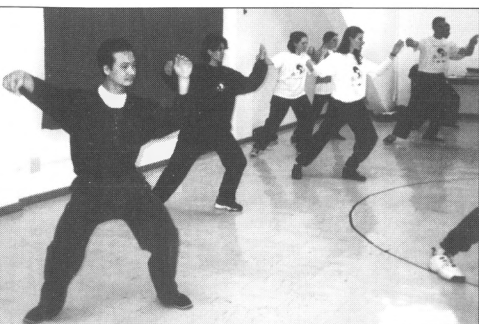
Sports Administrator

Frans Mamabolo

650 3564

Tai Chi

Tai Chi Chuan is a martial art that originated in ancient China and has long been noted for its great healing and therapeutic value. It consists of a sequence of movements practiced very slowly, smoothly and with concentration. For this reason it has been called a moving meditation.



Sifu Michael Lan, acknowledged martial arts teacher and practitioner of traditional Chinese medicine, trains the UCT Tai Chi Club.

The Club has its own dojo at the Dairy below the Medical Campus

and has extensive programmes that include video evenings, camps, Chinese dinners and special talks.

Tennis



The 1999/2000 season promises to be an exciting period for UCT Tennis. A keen new committee, offering a jam-packed year for all tennis enthusiasts coupled with one of the most spectacular settings, equates to an offer you just cannot refuse.

There is great excitement that the National SASSU Tennis Tournament will be hosted by UCT in December. 1999. Teams from around the country will be competing for national honours. The event promises to be the showcase for student tennis, with some great talent on show. UCT Tennis has the incentive of not only being gracious hosts, but also will wish to repeat the performance of last year, when they were placed 2nd and 3rd in the ladies and men's sections respectively.

The New Year is then traditionally kick started with the Annual Fresher's Tournament. A keenly contested event, it also provides a fun way to be introduced to the rest of the club.

This is usually followed by an Annual pilgrimage to the Easter Weekend tournament in Mosselbay.

The **Doubles Tie-Breaker Shoot-out** in August has been part of the SATA calendar of events for the past three years. It involves a minimum of twenty of the top doubles couples in the Western Cape and is also open to players throughout the country. This event takes place over one weekend at UCT and is prized for being one of the few pre-season senior tournaments in the Western Cape.

In addition the Club also enters 3 ladies teams and 4 mens teams in the WP Tennis League, matches are played every Saturday at various courts around Cape Town.

Coaching

The Club was fortunate to secure the services of a registered and highly-rated coach, Grant Williams, who will be available on a Tuesdays from 17h30 - 19h30 for the top squads. In addition Thursdays have been dedicated to drills and regular tennis cannon sessions.

In keeping with the pledge of the committee to make the Club more accessible to everyone, there will be a strong emphasis on providing for the social player and development section as well. Development coaching will be held once a week and the Club will also be making a few racquets available to all interested players.

For those of you who dread the slog up the mountain to get to the Tennis Clubhouse the Jammie shuttle service provides you a ride up free on showing your current membership sticker. It leaves Tugwell at 5.30 and will take you back to your respective residences after practise. So, no excuses.

For only R120,00 you have access to magnificent facilities, professional coaching, 2 state-of-the-art ball machines, free tennis balls at every practise and of course many happy socials at the "refreshment centre" on a Friday evening.

Chairperson

Gary Michelson
6898731 (Rm E19 Smuts)
mchgar002@mail.uct.ac.za

Sports Administrator

John Donald
650 3553

Underwater

The Underwater Club caters for UCT student and staff who enjoy both social and competitive underwater sports such as:

Scuba Diving
Underwater Hockey
Orienteering
Spearfishing

The Club offers PADI Diving courses from beginners level (Open Water One), up to Dive Master.



UCT is renowned for its courses being the cheapest in Cape Town, for example our beginners course currently costs R700. Courses are run during the whole year, depending on demand. The ratio of students to dive instructors is eight to one, so courses are regularly run. The courses run over a period of two weeks and are conducted by experienced and very professional instructors.

All courses require you to supply basic skin diving equipment. This includes: wetsuit, weightbelt, gloves, booties, fins, mask and snorkel.

Scuba equipment (BC, DV and cylinder) will be provided by the Club and is included in the course cost.

Club Diving

The Club offers members the opportunity to experience great dives either from shore or boat.

The Club possesses a five meter Stingray duck with two 50HP Mariner Engines. This allows us to easily launch a boat dive of eight divers and a skipper. All equipment on the boat is kept up-to-date with regulations set down by the Department of Manpower. The boat and trailer are serviced at least once a year.

The cost of a boat dive is R30 for members and R40 for non-members - this allows us to cover the costs of the towing vehicle and petrol.

"If the weather's good, we'll be out there. Even if the weather is bad, we'll still probably be out there!"

The Club strives to have a group dive every weekend, be it from the boat or a shore entry dive. Friday afternoons and Sundays seem to be the most convenient times. However, stay in touch and get involved with club activities, be it via e-mail, notice board or attending social functions.

Equipment

The Club has a large amount of scuba diving equipment which is available to be used by all club members. The Club's scuba equipment consists of:

- 30 buoyancy compensators,
- 30 demand valves (including octo's),
- 40 cylinders,
- 4 torches, and
- 3 compasses

All equipment is serviced at least once a year through a reputable dive company: DVs and BCs are checked and o-rings are replaced, and cylinders are visualized and hydroed when necessary. Equipment is rented out from the compressor room, which is located next to the club house at the Kopano Pool.

Compressor Room & Renting Times (Club House)

(The club house will be open during these times and is a good place to meet people who are planning to dive that day or weekend, as well as getting tips from the equipment officers on current diving conditions. The bar will also be open)

Mondays 5:00 - 6:00pm

Fridays 12:30 - 13:30pm

The cost of renting gear is purely for the maintenance and repair of our equipment. The Club is also in possession of two Bauer Mariner compressors so empty cylinders can be filled here as well. The portability of the one compressor allows us the flexibility to fill cylinders when we take out boat dives.

The cost of equipment rental, per period (i.e Friday to Monday or Monday to Friday) is:

BC, DV & cylinder	R30
Any two pieces of BC, DV & cylinder	R20
Any one piece of BC, DV & cylinder	R15
Torch	R10
Compass	R5
Cylinder fill	R10

The compressor room is also a good place to meet people who are also planning to dive that day, as well as getting tips from the equipment officers on what the weather is doing. The compressor room has a phone with an answering machine (Arnie); the number is 650-4106.

Underwater Hockey

FUN and FITNESS are the main aims of this section of the club, but underlying this is the serious competitive nature of the Club's interest in underwater hockey.

Why play Underwater Hockey?

Underwater Hockey is an extreme sport that caters for the adventurous. The game is a fantastic way to get fit and to become a really competent and confident underwater sportsperson. The game was created by inland divers who needed to keep fit and it spread rapidly to coastal areas, where divers, especially spearfishermen, realised the importance of this game in enhancing their capabilities and ultimately their safety.

Apart from this, UWH is an exciting, fast-paced game played by men and women. Although physical, it is a low impact sport, and thus serious injuries are rare. There is scope to play at whatever level one chooses, from social to international and with dedication and talent one can progress rapidly. It is possible to achieve South African colours after four years of playing UWH.

Practice Times and Training Schedule

UCT practices take place at Long Street Baths on Monday nights from 6:30pm to 8:30pm. Long Street Baths are situated at the top of Long Street in Cape Town. The pool is tiled and heated, two factors that allow us to play throughout the year. Entrance to the pool is R6.00 a time, but season cards are available for R100.00.

Training involves an incremental programme of skills and fitness training that runs throughout the year. The UCT season starts at the beginning of the second term. For beginners, the closer to the start of the season you begin, the better, however beginners are welcomed at any time in the year.

Underwater Orienteering

The point of the sport underwater orienteering is basically to find or go around a set of buoys (a course) while you are underwater. You may not break the surface until the course is completed. There are two main courses:

- The Five point course
- The M-course

Underwater orienteering will improve your diving skills more than you realize and learning to navigate with no visual references is a skill that will stand you in good stead in recreational diving and other orienteering activities, such as mountain hiking. Your searching skills will also be so greatly increased that you will become a finely tuned homing device! Finding those buoys is a pleasure unlike any other!

Underwater orienteering is also the only inter-varsity sport that you can compete in that has anything to do with SCUBA.

Please feel free to contact any of the committee members if you require further information about the Underwater Club.

Please visit our web at:

<http://sportclubs.uct.ac.za/underwater>

Chairperson
Bruce Plance
797 4354
bruce_plane@hotmail.com

Sports Administrator
Lydia Hall
650 3554

Volleyball



The UCT Volleyball Club caters for seniors, social and beach volleyball. The Club enters 2 men's and 2 women's teams in the WP leagues and competes in SASSU regional and national events.

Sports Administrator

Peter Buckton

650 3557

Waterpolo

UCT Waterpolo is an active club with many members. Anyone may join our club as long as they are able swimmers and are willing to play a rather physical game.

We take developing our sport very seriously and have two ladies sides and three men's sides for the 1999/2000 season. We currently have an excellent coach for our men's first side and a well qualified one for the second and third sides. Having just lost the expertise of a brilliant coach, the ladies sides are now looking forward to learning everything our new coach has to offer.

Practices are twice a week for each team: Mondays and Wednesdays for the 2 ladies sides; Tuesday and Thursdays for the men's sides. During winter we practice at the indoor dome at Groote Schuur High School and during the summer months we practice at the Kopano Pool at UCT.

Fixtures for winter league matches are on Friday evenings and Sunday afternoons, held at the Stellenbosch facilities. Summer League match fixtures are held on weekday evenings and Saturday afternoons, at various pools in Cape Town.

Our committee is active and always open to new ideas and input. We organise regular social polo get-togethers as well as fun tournaments involving mixing the talents of our men's and ladies sides! We are always looking for new members who would like to be involved on the committee.

Subscriptions for the year are R350-00, which allow you to use the Kopano Pool, Groote Schuur School Pool and enable us to enter you into the WP leagues.

For any further information please contact either:

Linzi Pickup

794 5266

lpickup@yebo.co.za

Rowan Liebbrandt

083 4770829

rleibran@dc.wcape.school.za

Sports Administrator

Kobus Olivier

650 3555

Waterski

The Club owns an 18.5 feet long Panache 1850 mounted with a 200HP engine and operates from Zeekoevlei about 15km from UCT. Skiing sessions take place on Friday afternoon, Saturday morning and afternoon every week. To go skiing, members add their names to the weekly lists on the waterski notice board (student union). We also provide all necessary transport.

The Waterski Club caters for all levels and disciplines of skiing. The majority of members are first time skiers, so don't be shy. We can teach you anything from plain and simple skiing to barefooting and somersaults on the wakeboard. We provide all equipment.

Chairperson
Mark Gilbert
082 853 5878

Sports Administrator
Lydia Hall
650 3554

WEIGHTS

The main weights room is to be found in the Sport Centre.

Training times for members and non-members is as follows:



MEMBERS	NON-MEMBERS	VACATION
Monday to Friday	Monday to Friday	Monday to Friday
06h00 - 20h00	06h00 - 12h00	06h00 - 08h00
14h00 - 16h00	12h00 - 14h00	16h00 - 19h00
Saturdays	Saturdays	Saturdays
09h00 - 13h00	09h00 - 13h00	09h00 - 13h00
Sundays	Sundays	Sundays
10h00 - 13h00	10h00 - 13h00	closed

Examinations

Monday To Friday

06h00 - 08h30 □ □ 12h00 - 14h00 □ □ 17h00 - 20h00 □ □

An instructor is on duty from Monday to Friday from 12h00 - 20h00.

The Circuit Gym at Hare's Field is available to all students at no cost and is open from.

06h00 - 12h00 Monday to Friday

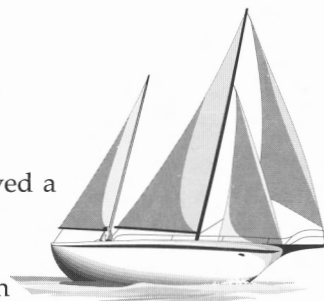
09h00 - 12h00 Saturdays

09h00 - 12h00 Sundays

Chairperson
Prince Lufu
685 7646
plufu@mail.uct.ac.za

Sports Administrator
Kobus Olivier
650 3555

Yacht



The UCT Yacht Club enjoyed a most successful 1999. A number of members

represented South Africa in World events, the most noticeable being the World Team Racing regatta in Ireland.

The 3rd overall position in the Lipton Cup, competed for by L26's, was cause for much celebration as was the winning of the National Student regatta.

The Club's facilities are centred at the Zeekoevlei Clubhouse, but include use of the facilities at the Royal Cape Yacht Club.

The Club owns an L26 (PG Glass) and a whole flotilla of dingies (mostly Lasers and Sprogs) and has now set its sights on obtaining a Hobie 18.

UCT competes in all local events and National Student Competitions, but encourages beginners to learn to sail and provides expert tuition in this respect.

Commodore
Robyn Keen
686 8061

akeen@dockside.co.za

Sports Administrator
Roger Adams
650 3558

Youth Bowls in Mowbray

Gone are the days when bowls was restricted to "the oldies".

Mowbray Bowling Club, regarded as the centre for youth bowls development in the Western Cape, has a strong element of young bowlers under the age of 25.

As active participants in the national bowls awareness and development programme, Mowbray bowling club extends a warm welcome to all students and staff of the University of Cape Town.

We welcome the opportunity of introducing the game of bowls to all.

For further details contact:

Mowbray Bowling Club (Ph) 689 1617

Margaret Clark - Secretary (Ph) 762 9057

Tish Bryce (Ph) 685 3519 or Cell 083 4630442

Eric Mackie (Ph) 531 2530

Alternatively, visit us any day of the week at:
The Clubhouse
Cecil Rd
Lower Campus (Above the Cricket/Soccer Fields.)

1999 Sports Awards Dinner



Stuart Reynolds - Rowing; Alex Runciman and Mark Sadlar - Sailing, receiving the Landstem Trophy on behalf of the Rowing and Sailing Clubs.



Ianni Vamvadelis and Eric Lear shared the Service to Sport award.



Martin Crosoer receives the trophy for the Team of the Year on behalf of the First Cricket XI.

